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HEALTHY FAT
COMPLEMENT SALMON
WITH EARTHY FLAVOUR
OF SHIITAKE {page 19}



TYING THE KNOT

JANET REPORTEDLY ENGAGED TO QATARI BILLIONAIRE {page 14}



OTTAWA

metro

Thursday, August 4, 2011
www.metronews.ca



News worth sharing.

Backstreet Boys slide into NKOTBSB show



► Nick, Brian and Howie D. of the Backstreet Boys tested Calypso's new slides with lucky Ottawa fans during a tour stop in the nation's capital ► Appearance preceded tonight's highly anticipated show with New Kids on the Block at Scotiabank Place {metronews.ca/ottawa}

► Brian Littrell makes a splash with Backstreet Boys fan Elisa Caminiti as they slide down the Accelerator at Calypso Water Park yesterday.

Egypt

Mubarak trial begins

► Ailing 83-year-old former Egyptian president denies all accusations
► Supporters pound gate, try to gain access {page 6}

Heart of your home

Easy ways to
improve your
kitchen
{page 17}



Remembering a leader

Well-loved aboriginal
elder William
Commanda honoured
{page 3}

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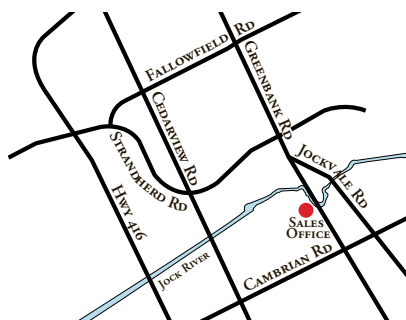
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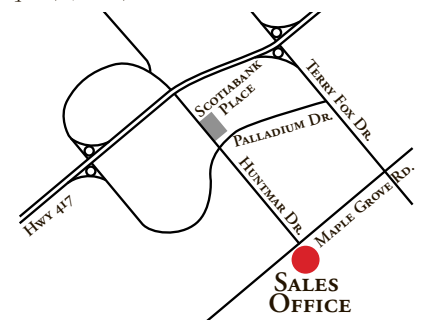
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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.

Immigration group gets funding boost

A \$150,000 grant from the Trillium Foundation will help a local organization provide better counselling for survivors of war and trauma, a counsellor said yesterday.

AMEN JAFRI/FOR METRO



► Bertha Mo

Bertha Mo manages the Ottawa Community Immigrant Services Organization's counselling program, which helps newcomers to Canada deal with the stress of moving to a new country and, in some cases, living with what they went through before they got here.

"This involved keeping data that is very sophisticated," she said. "With this funding we are able to update our data systems."

The funding will also be spent on human resources. ● AMEN JAFRI

Former mayor new police rep

The Ottawa Police Services Board announced yesterday former mayor Jim Durrell is their new community representative.

He replaces community member Henry Jensen, who served for six and a half years. ● METRO

Farmers' By the Bay



► Tyler Just of Alexandria Ontario's Just Farms does a brisk business on opening day of the Bayshore Farmers' Market.

STEVE COLLINS/FOR METRO

The Ottawa Farmers' Market yesterday opened its latest location at the Bayshore Shopping Centre, just outside the Bay.

The pilot project, featuring 14 vendors and 100 per cent locally sourced fruits, vegetables, meats, baked goods and more, will be open every Wednesday from 11 a.m. to 6 p.m.

Organizers say that if demand is sufficient, it could continue until Thanksgiving.

Market offers full share of locally sourced fare

'The soul and heart of a nation has died': Chief

► Elder blessed Human Rights Monument with Dalai Lama ► Leader of N.A. Indian Nation Government in 1945 ► Chief of Kitigan Zibi from 1951 to 1970

ADRIAN WYLD/THE CANADIAN PRESS

A beloved Algonquin elder passed away early yesterday morning.

The Algonquin Anishinabeg Nation Tribal Council announced the death of William Commanda, 97.

"A page of our history has closed with William Commanda, but Algonquin people will have an everlasting memory of a great man dedicated to defending his people and to the protection of the environment," said Marlène Jérôme, vice grand chief of the Algonquin Anishinabeg Nation Tribal Council.

Commanda was born Nov. 11, 1913, and his real name was Ojigkwanong, meaning morning star.

He supported numerous environmental, cultural and social justice causes. Last winter, despite failing health, he joined protesters opposed to a housing development in Kanata's ecologically sensitive South



► William Commanda receives the Order of Canada from then-governor general Michaëlle Jean in 2009.

March Highlands.

He also lobbied for years for the establishment of a

National Aboriginal Centre on Victoria Island. Architect Douglas Cardinal drew plans for the centre and worked closely with "Grandfather William," who became a close friend and spiritual mentor to him, said Cardinal's wife, Idoia Arana-Beobide de Cardinal.

"What I remember is his smile and those wise, wise eyes that just look through you and just look through time and space," she said. "I know very much that he is with us right now."

● STEVE COLLINS AND JESSICA SMITH



New theory blames 'big splat' for our not being able to gaze up at two moons at once. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca



Ottawa's 'Flashrob' video gains hits on YouTube, with thieves still at large. Video at metronews.ca

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PHYLCIA TORREVILLAS/METRO FILE



► Gloria Taylor, who has Lou Gehrig's disease, had her right-to-die case fast-tracked yesterday.

Dying woman vows to hang on

► Right-to-die case expedited ► Time 'urgent': Judge

Deathly ill Gloria Taylor is refusing to die — yet.

Although she is living far longer than her doctors had predicted, she plans to hang on until her right-to-die case is hurried through a B.C. court.

B.C. Supreme Court Justice Lynn Smith agreed to a speedy trial for Taylor, who wants a doctor-assisted suicide.

"I am satisfied the time is urgent," Smith told a Vancouver court yesterday.

A four-week summary trial will begin Nov. 15.

Taylor's lawyer, Joe Ar-

"It doesn't make sense that it's legal for me to commit suicide, but it's illegal for someone to help me die at peace."

GLORIA TAYLOR

vay, said the decision to fast-track the trial means she may now have the chance to use a doctor to help her end her life.

Taylor, 63, has Amyotrophic Lateral Sclerosis, or Lou Gehrig's disease,

and Arvay said her condition is getting worse.

"Gloria is an amazing woman. She has lived much longer than the doctors had predicted," Arvay said. "She told me she was going to hang on as long as it took in order for her to exercise her constitutional rights."

Taylor, of West Kelowna, B.C., began experiencing the symptoms of ALS in 2003. Eighty per cent of people diagnosed with ALS die within two to five years of being diagnosed.

THE CANADIAN PRESS

Snakes alive! There's a boa in the bathtub



KATIE TURNER
CALGARY@METRONews.CA

It wasn't a cat in a tree. But Calgary firefighters handled a stranded-pet case yesterday.

Around 4 a.m., the firefighters responded to an animal-distress call: A boa constrictor was in a bathtub with the water running.

The truth came out in the cold light of day.

Snake owner Sarena Dobmeier had been moving from her suite in

Meet Herc, kids

Herc the boa constrictor has been taken to pre-schools and kindergartens so kids could be introduced to reptiles.

Calgary's Ranchlands.

After a long night of packing, she decided to spend a couple of hours sleeping in her new home — leaving the eight-foot boa, Herc, to be retrieved later.

But during the night puzzled neighbours heard

water running and called firefighters.

It seems Herc had brushed up against the faucets and turned on the water in the tub.

Fire spokesperson Brian McAssey said the snake was "pretty friendly" and firefighters had no trouble transporting it to a vet.

Dobmeier said she came back at six in the morning and the neighbours said 'You won't believe what happened.'

Said McAssey: "It opens itself up nicely for a snakes and ladders joke."

TORY PEP TALK

PM visits Rob Ford's barbecue

Stephen Harper says it's time to complete a conservative hat trick and defeat the provincial Liberal government.

The prime minister made an unannounced visit to a barbecue at the family home of Toronto Mayor Rob Ford, the populist conservative elected last fall on a platform of ending what Ford called the municipi-

pal "gravy train."

In a YouTube video of Harper's speech to invited guests in the Etobicoke backyard of Ford's mother, the prime minister says he and Ford are each cleaning up a "left-wing mess."

And with a provincial election coming, Harper told the crowd it is time to "complete the hat trick and do it provincially as well."

Polls suggest Ontario Premier Dalton McGuinty's Liberals face a stiff challenge from Tim Hudak's Progressive Conservatives.

THE CANADIAN PRESS

The 'damsel in distress'

A Canadian woman dubbed the "damsel in distress" because of the sob stories she told strangers to scam them out of cash has pleaded guilty to larceny charges.

Wendy Price-Baldassari has been sentenced in Massachusetts to three months probation and ordered to pay \$500 in restitution. She also faces deportation to Canada.

One of her stories, police said: She was locked out of her house and her car was out of gas.

THE ASSOCIATED PRESS

Responsible credit use helps newcomers attain independence

Heather Soares remembers teaching her daughters to be independent in their new Canadian surroundings. "When we realized the supermarket didn't offer bags or home delivery, the girls ran home for the luggage trolley," laughs Heather, who moved her two teenagers to Mississauga, Ontario from Pune, India.

Determined to build a future for her girls, Heather was hesitant to accept the guest room of a friend, or a credit card from her bank, since she wanted to avoid dependence. "I soon learned to accept help from good people, and that credit is part of life here," recalls Heather, who worked at a major bank in India where credit cards were not viewed favourably.

"I was ready to do anything, and soon realized that there were options available," adds Heather. She juggled a temporary job at a big box store alongside her eldest daughter, upgraded her skills at the Peel Mentoring Partnership for internationally trained professionals, and studied during her bus commute. Through ACCES, a program sponsored in part by Scotiabank, which assists job seekers new to Canada, Heather was able to write her Canadian Securities exam at no cost, and find a job at Scotiabank a year after arriving in Canada.

"It was wonderful for a bank to offer a credit card when no one would even rent you an apartment," notes Heather. She had herself benefited from the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA® card options³ and a number of other customized services and benefits – when she moved to Canada.

"Now I know that it's important to obtain credit within three years of coming to Canada. First, because life is expensive, and because you must build a credit history to show you are responsible," remarks the Personal Banking Officer, who explains wise credit use to customers at the Scotiabank Sheridan Centre branch.

For example, she advises them to be mindful of interest rates, avoid carrying a balance and to make the minimum monthly payment on time, to preserve

their credit scores. She also helps them choose the right credit card features for their needs.

Heather also counsels immigrants about saving for their goals, like a new car or home ownership, by starting to save with higher-interest savings accounts and accessing government programs.

"I try to go the extra mile to help customers understand the services available to them," concludes Heather. "I've been in their shoes and I know one can achieve independence by talking to trusted advisers, doing research and helping yourself."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.



Heather Soares shares crucial financial lessons with her daughters, and with new Canadians who visit her branch.



Luz Galindo
Scotia advisor

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Mubarak pleads not guilty at trial

► About 50 supporters pounded the gate trying to gain access ► Some chanted, 'We love you, Mubarak!'

An ailing 83-year-old Hosni Mubarak, lying ashen-faced on a hospital bed inside a metal defendants cage denied charges of corruption and complicity in the killing of protesters at the start of his trial yesterday.

The spectacle, aired live on state television, was a stunning moment for Egyptians. Many savoured the humiliation of the man who ruled for 29 years, during which opponents were tortured, corruption was rife and poverty widespread.

"This is the dream of Egyptians, to see him like this, humiliated like he humiliated them for the last 30 years," said Ghada Ali, the mother of a 17-year old girl in the city of Alexandria who was shot to death dur-

ing the crackdown.

"I want to see their heart explode like my daughter's heart exploded from their single bullet," Ali said.

A prosecutor read the charges against Mubarak — that he was an accomplice along with his then-interior minister in the "intentional and premeditated murder of peaceful protesters" and that he and his sons received gifts from a prominent businessman in return for guaranteeing a lowered price in a state land deal.

"Yes, I am here," Mubarak said from his bed, raising his hand slightly when asked to identify himself and enter a plea. "I deny all these accusations completely," he said wagging his finger.

THE ASSOCIATED PRESS



► This video image, taken from Egyptian State Television, shows 83-year-old former Egyptian president Hosni Mubarak laying on a hospital bed inside a cage of mesh and iron bars in a Cairo courtroom yesterday. It was Egyptians' first look at the former president since Feb. 10, the day before his fall when he gave a defiant speech refusing to resign.

Mubarak's life

Key dates in the life of Hosni Mubarak.

- **May 4, 1928** — Born in village of Kafr el-Moseilha.
- **April 1975** — Chosen by President Anwar Sadat to be vice-president.
- **Sept. 7, 2005** — Mubarak wins first multi-candidate presidential election.
- **Nov. 2010** — Parliamentary elections are held that opposition parties say are marred by fraud.
- **Jan. 25, 2011** — Thousands of anti-government protesters in Cairo stage demonstrations in Egypt.
- **Jan. 28, 2011** — Mubarak orders the army out on the streets to restore order.
- **July 14, 2011** — Denies responsibility for killing some 850 protesters by his security forces during uprising.

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Véronique DiCaire, porte-voix de La Cité collégiale

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Aussie bomb scare was a hoax: Police

► Young woman wore suspicious device around her neck for 10 hours in Sydney home ► Investigators say it's very unlikely that the bizarre attack was random

A suspicious device that had been attached to a Sydney teenage girl's neck contained no explosives and appeared to be part of an elaborate hoax, Australian police said late yesterday.

In a scene that could have been straight from a Hollywood thriller, bomb squad specialists worked for 10 horrifying hours to free 18-year-old Madeleine Pulver from a bomb-like device she said was chained to her neck by a man in disguise who entered her suburban Sydney home in the afternoon. She was not hurt, and officials managed to

free her.

New South Wales state police Assistant Commissioner Mark Murdoch said earlier yesterday that specialists had determined the device contained no explosives.

Murdoch said the man apparently had also left a threatening note in the house with specific demands that police would not describe.

"A very, very elaborate hoax as it turned out," Murdoch told reporters. "But it was made and certainly gave the appearance of a legitimate improvised explosive device. We had to treat it se-

riously until we could prove otherwise and that's exactly what we did and that's why it took so long."

Murdoch said the device had been attached to the girl "by a chain or something similar," which took officers a long time to remove. He declined to describe the disguise the attacker wore.

The drama began in the upscale Sydney suburb of Mosman when Pulver's family contacted police saying their daughter had been attacked and there was a strange device attached to her.

THE ASSOCIATED PRESS

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Rough. Trade



► A trader works the floor of the New York Stock Exchange yesterday.

JIN LEE/THE ASSOCIATED PRESS

An ill wind blowing

Reports released yesterday showed fewer U.S. factory orders, a slowdown in the service industry and rising supplies of crude and gasoline. The weakening U.S. economy seems to be driving home a message of lower consumption. Without strong consumer confidence to invigorate growth, there is mounting fear on Wall Street that the U.S. risks sliding into a long-term economic coma.

Swaziland gets loan to ease economic, social upheaval

South Africa will give a \$354-million US loan to help ease a crippling financial crisis that has sparked massive protests in Swaziland, but the bailout is conditional on economic and human-rights reforms, officials said.

Critics accuse King Mswati III of mismanage-

ment and corruption. Many Swazi pro-democracy activists oppose the loan.

But South African officials said yesterday the loan will be subjected to regular audits to ensure conditions are met.

THE ASSOCIATED PRESS

Deadline extended for TMX takeover

A consortium trying to take over the operator of the Toronto stock exchange is giving investors until Sept. 30 to decide whether they want to tender their shares.

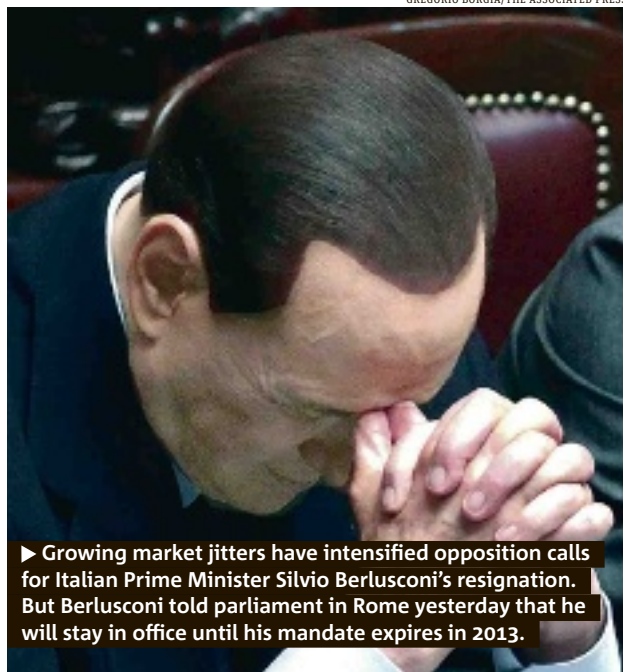
Maple Group Acquisition Corp. said yesterday that it is extending the deadline while it waits for required approvals to purchase TMX Group Inc., and will further extend the deadline if necessary. Maple has said it expects securities regulators and the federal Competition Bureau to make a ruling by the fall.

Maple Group is the only suitor remaining to buy TMX Group after a

Markets rock Italy, Spain

► Italy has debt nearing 120 per cent of economic output ► Spain is struggling with a swollen deficit and jobless rate of nearly 21 per cent

GREGORIO BORGIA/THE ASSOCIATED PRESS



► Growing market jitters have intensified opposition calls for Italian Prime Minister Silvio Berlusconi's resignation. But Berlusconi told parliament in Rome yesterday that he will stay in office until his mandate expires in 2013.

Italy and Spain saw their economies take a beating yesterday as market turmoil threatened to plunge the countries into Europe's debt crisis.

After a volatile day on the markets, in which Italian borrowing rates touched a record high, Prime Minister Silvio Berlusconi vowed to focus his policies on the economy.

Addressing parliament in Rome after financial markets had closed for the day, he said Italy needs to promote competitiveness and growth.

He said the 70-billion-euro austerity measures passed last month will balance the budget by 2014, and emphasized that nine-billion-euro infrastructure projects mostly in the poorer south

will help promote growth.

He said Italian banks remained solid and investors who were pushing up Italy's borrowing rates did not recognize the country's fundamental

strengths: A stable banking system, low levels of private-sector indebtedness — half that of the United States and Britain — and a strong entrepreneurial spirit.

"I am speaking to you as an entrepreneur with three companies listed on

the stock exchange," Berlusconi said, to boos from the opposition benches.

Spain was also under the market spotlight, forcing Prime Minister Jose Luis Rodriguez Zapatero to delay his vacation by two days.

Spain's 10-year borrowing rate edged down slightly yesterday, but both countries' bond yields have soared in recent days, suggesting investors are worried they may eventually need help with their debt.

The revival of the debt crisis is mainly due to a global sell-off by traders of any investments that appear risky — such as the bonds of Italy and Spain — after indicators suggested the U.S. economy is slowing sharply.

Bailouts for Spain or Italy would be far more expensive than the rescue packages agreed for Greece, Ireland and Portugal and would likely overwhelm the eurozone's finances. THE ASSOCIATED PRESS

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'Shady RATs' infiltrated Canadian government agencies: Report





The World Anti-Doping Agency says it "has yet to be convinced" that it was one of four Canadian operations targeted in an international hacking scam.

Security firm McAfee named the Montreal-based agency in a report released yesterday, saying its systems were compromised for 14 months starting in August 2009.

McAfee dubbed the hacker scheme Operation Shady RAT, with RAT being a common acronym in the computer industry meaning Remote Access Tool.

The agency concedes

Market moment

TSX	Dollar
	
+ 63.71 (12,816.03)	- 0.25¢ (103.89¢ US)
Oil	Natural gas 1,000 cu ft
	
- \$1.86 (\$91.93 US)	\$4.090 US (- 6.5¢)
	Gold
	\$1,666.30 US (+ \$21.80)

there was a breach of its email servers in February 2008, but says it has no evidence of other violations.

David Skillicorn of Queen's University says such skepticism illustrates a stark reality: Most organi-

zations don't know when they've been compromised. He says the McAfee report, which cited 72 intrusions worldwide from the same source over the past five years, was based on reliable research and is probably accurate.

McAfee also says two unidentified Canadian government agencies were targeted, the first in October 2009 for six months and the second in January 2010 for one month.

It says the governments of the U.S., Taiwan, India, South Korea and Vietnam were also on the target list, along with the IOC, the UN and many companies.

Dmitri Alperovitch, the author of the report, says most victims have long since addressed the intrusions. THE CANADIAN PRESS

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PARENTAL ADVISORY: CLOCK'S TICKING

HE SAYS ...

JOHN MAZEROLLE
METRO



For their summer vacation my parents have been visiting me in Toronto from Saint John, N.B., and so far I've had a lovely time taking them to restaurants, touring museums and preparing their eulogies.

My parents are only 54, which is young for parents, but 54 is also the average temperature difference between the two cities. In Saint John, a beautiful morning is one where the fog will burn off in time for the evening commute, while in Toronto I've been known to chase refreshing breezes down the street, screaming at them to come back.

So my parents have been attempting to have a good time, largely successfully, despite melting like plastic

"When the switch to caretaker is complete, I plan to make them eat their vegetables and play outside on sunny days, even if their favourite show is on."

army men under a magnifying glass. Dad, in particular, looks like he could do that body-shake dogs do when they've just crawled out of a lake — except instead of laughing playfully the people nearby would run like they were fleeing a nuclear meltdown.

Aside from the risk of Mom and Dad spontaneously combusting, there's also the fact I rarely see them, meaning new ailments they've acquired during the past year come as a

mild shock. My mother has a new knee problem that makes stairs seem like the equivalent of a military rope climb, and my dad's so farsighted now that he holds menus out in front of him like he's driving a go-kart.

They've become my canaries in the coal mine, essentially, telling me which things are going to fall apart on me first.

So I watch Mom and Dad with a blend of admiration and worry, the beginning of that role reversal families go through where eventually the kids are looking after the parents. I fret after every parental wince, as they did for me when I was a kid (presumably).

And as I write this sentence, I haven't heard from them in seven hours and don't understand why they haven't called. Don't they know I'm worried sick? What if they're lost on the streets of Toronto? They won't know what to do.

After all I've done for them.

When the switch to caretaker is complete, I plan to make them eat their vegetables and play outside on sunny days, even if their favourite show is on.

But before the role reversal happens, I also want to say thank you to them, not only because they've been my guides, my support and my friends, but also because I fully expect them to be dead by the end of the week.

Just remember, readers, that they were kind people, they were good people...

Read more of John Mazerolle's columns at metronews.ca/hesays



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Would you brave Edgewalk at Toronto's CN Tower?

57%
YEP. EASY AS
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SKY



42%
NOPE. CHICKENS
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Letters

RE: A particle of hope amid tragedy, published July 29.

Mr. Sullivan, you write some pretty glib remarks in your editorials, but I believe your crass remark about Jack Layton as "the champagne socialist" has to be one of the most crass I've read.

Layton is leader of a social democratic party, not socialist. Your flippancy is really quite uncalled for at this time during serious illness.

PEGGY O'NEILL
EDMONTON

RE: Hey — can I get your number? published August 2.

Hi Jessica, You may be very interested in one man's enlightened opinion with respect to women, empowerment, sexuality and the whole "what is a respectable number" debate, including the whole notion of women being perceived as "sluts" for enjoying sex too much.

Look up Johnny Soporno's online web tutorial/videos on being a worthy playboy, where he discusses the societal psychology surrounding women's sexuality. Thanks for the great column today!

DAVID CORMICAN
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

One little peacock sitting on a wall...

A peacock with a sense of adventure — and a good sense of direction — has flown back home to New York's Central Park Zoo.

On Tuesday, humans flocked and tweeted as the peacock left the zoo for a



►The fly-away peacock

perch on a Fifth Avenue window ledge. It had good taste: A condo there reportedly sold for \$22.5 million in 2009.

Zookeepers predicted the handsome green and blue bird would make its way home — and it did just before 7 a.m. local time yesterday.

It's been a rebellious season in the city zoos. In March, an Egyptian cobra was found nearly a week after it went missing at the Bronx Zoo's Reptile House.

Two months later, a zoo peahen was recovered at a nearby auto-body shop.

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2 scene

News in brief



Oprah Winfrey, James Earl Jones and makeup artist Dick Smith have been picked to receive honorary Oscars. The Academy of Motion Picture Arts and Sciences says the three will be honoured with Oscar statuettes at the Governors Awards in November.

THE ASSOCIATED PRESS



Gay and lesbian group supports diversity efforts at ABC Family. Scan code for more.



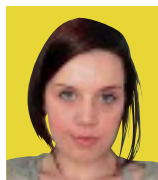
► Toronto Folk band The Wilderness of Manitoba returns to Ottawa this weekend.

A product of their influences

► Touring juggernauts will head back to Europe in the Fall ► Plan to record new album this year

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



If you've ever read a review of Toronto five-piece The Wilderness of Manitoba, chances are it included some sort of mention of just how amazing all the voices in this band blend together.

Frontman Will Whitwham credits that to the music the band members listened to when they were

growing up.

"We were all raised listening to Neil Young, Cat Stevens, Crosby Stills & Nash, and Simon & Garfunkel," he says. "I think just sort of lionizing singers like that and trying to emulate that ourselves. We just do what sounds right to us and run over parts over and over until they sound right."

And, in going over those parts again and again, the members of The Wilderness of Manitoba have found a unique way of harmonizing their voices.

"A lot of the time, they'll actually swim into each other so you'll get

Ticket info

- **When:** Tomorrow at 8:30 p.m.
- **When:** Raw Sugar Cafe (692 Somerset St. W)
- **Price:** \$8 in advance at Raw Sugar Cafe, Vertogo Records and The Record Shaap.

this weird sound happening where they kind of weave in and out and I think that's why it blends so well," Whitwham explains. "You're trading registers and going into someone else's part while they're going into yours."

It's a strategy that has

worked well for the band, who is currently on a tour that will take them through the rest of the summer, right through the fall and into the winter months.

After that, the band plans on recording a new album that will be just as homegrown and down-to-earth as their previous two offerings. That's because they plan on recording it in their basement.

"We'll probably approach a producer for this record for at least some of it," Whitwham says.

"Then, just like our last two records, we're going to do our own thing in the

basement for a while. Just get into all those little details and basically nerd out for a while. That's kind of what we like to do when it comes to recording."

For now, Whitwham says the band is just happy that folk music seems to be slowly creeping into the mainstream, although they're a bit surprised it's taken so long.

"It feels like, to us, folk never left," he explains. "I know a lot of people, even academics who have been writing about this folk revival happening for years now. That's great but to us it's like, 'Well it's about time.'"

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Plenty of noms to go around

Flashpoint, Call Me Fitz get Gemini recognition

The Toronto-set cop series Flashpoint and Jason Priestley's edgy dark comedy Call Me Fitz lead the nominees for Canada's top television awards.

CTV's cross-border hit Flashpoint is in line for 17 Gemini trophies, including an acting award for star Enrico Colantoni.

HBO Canada's Call Me Fitz nabbed 16 nods, including an acting nomination for former Beverly Hills 90210 star Priestley.

The Academy of Canadian Cinema & Television announced the contenders yesterday morning, when it also showered some big-budget miniseries with multiple nominations.

History Television's The Kennedys and The Movie Network and Movie Central's Pillars of the Earth each scored 10 nods.

Meanwhile, Bravo's pal drama The Borgias



► Flashpoint's Enrico Colantoni is nominated for a Gemini award.

nabbed eight.

MuchMusic's long-running teen soap Degrassi earned several nominations for a much-lauded season that drew Emmy attention and a Peabody Award earlier this year.

Three of its nominations are for a groundbreaking episode centred on a teen who was born female but lives life as a male.

Other multiple nomi-

nees include TMN/Movie Central's Living in Your Car with 10 nods, CBC's 18 To Life with seven, CBC's Being Erica with six, CBC's The Tudors with six and History Television's Ice Pilots with five.

Flashpoint is up for best dramatic series against Bravo's The Borgias, Showcase's Endgame, TMN's Skins and CBC's The Tudors.

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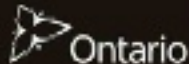


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ONTARIO
Young to discover

Winehouse had big plans for the future, says source

► Troubled singer wanted to marry, have children with boyfriend

Amy Winehouse had lots of plans for the future when her life came to an end last month.

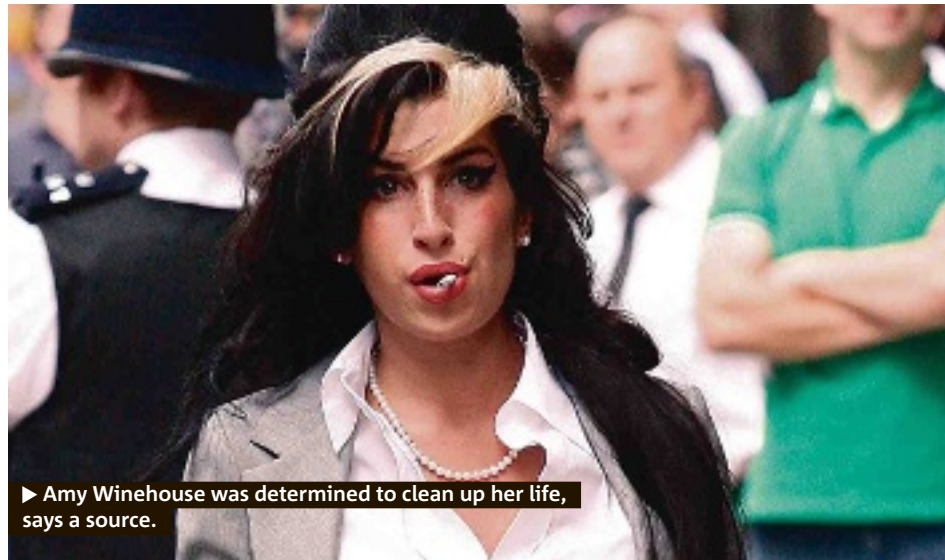
Aside from her plans to adopt a young girl from St. Lucia, the tragic singer was reportedly planning to marry boyfriend Reg Traviss, according to the Sun.

"Amy was adamant about sorting herself out. Reg's proposal made her even more determined. She didn't want to carry on the way she was," a source says.

"She wanted nothing more than to be his wife and to start a family with him.

"She wanted to get rid of her demons so badly."

Winehouse, who had



► Amy Winehouse was determined to clean up her life, says a source.

struggled with drug and alcohol abuse, was found dead in her Camden, Lon-

don home on July 23.

An autopsy could not establish the cause of death.

Winehouse was 27 at the time of her death.

● METRO

ALL PHOTOS GETTY IMAGES

Glee star dishes on looks

Glee star Lea Michele is the first to admit she doesn't have the most conventional Hollywood look.

"I'm 5-foot-3. I don't look like a lot of other people, you know what I mean?," the 25-year-old actress tells Harper's Bazaar.

"How many managers



► Lea Michele

told me, 'Get a nose job. You're not pretty enough?'" she says. ● METRO

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Lautner buys new ride

Talk about an impulse purchase.

Twilight star Taylor Lautner was reportedly walking by a Mercedes Benz dealership in L.A. with his parents recently when he spotted a silver 2012 SLS AMG sports coupe — and simply had to have it, according to TMZ.

The 19-year-old actor dropped more than \$200,000 on the car and drove it off the lot the same day. ● METRO

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Janet engaged

Janet Jackson is reportedly engaged to Qatari businessman and billionaire Wissam Al Mana — and has been for almost a year, according to Hollyscoop.

Sources say the secret proposal happened last year, but Jackson was in the middle of a tour and wasn't ready to go public with it yet.

"Janet's telling friends that an official engagement will come by summer's end, and that she and Wissam will marry in late 2011," says a



► Janet Jackson

source close to the singer. ● METRO

Fawcett's son arrested for heroin possession

Redmond O'Neal, son of Ryan O'Neal and Farrah Fawcett, is in hot water again, having been arrested for heroin possession in Santa Monica, according to Radar Online.

Police sources say they witnessed O'Neal engaged in an argument at a store.

After the argument, he

got into his car and ran a red light.

Police then pulled him over and searched his car, where they found the narcotics.

He was held without bail.

O'Neal has a history of drug-related charges.

● METRO

Celebrity Tweets



"Omg, I'm so embarrassed, paparazzi just blinded me with flashes again, as I was walking into dinner. They pushed me and I tripped :(""



@lindsaylohan

@DonaldGlover

"My twitter muscle has atrophied."

Pain can be a gift just not yet revealed. It all depends on how you choose to react to it. Remember it is happening for you, not to you!



@mrskutcher



@SethMacFarlane

All the auto-tune in the world still doesn't sound as cool as talking into a desk fan.

It's summer outside, but it's fall in the mall

► How to sport a style that reflects the very best of both seasons ► Lightweight layers are key

Officially, summer has weeks left on the calendar, but retailers have begun the transition from lightweight and lighthearted vacation clothes to the more dressed-up, sophisticated styles that come with fall fashion.

The tricky part, they say, is that while it's good to infuse the excitement of a new season into stores, shoppers can be so enthusiastic about their new purchases they want to be able to wear them right away.

That can be a problem when traditional fall looks — think sweaters, long trousers and outerwear — might not be suited to the dog days of August.

The solution? Lightweight layers in a deeper, more autumnal colour palette.

"The consumer in general is forward looking but wants instant gratification," says Barclay Resler, vice-president and head of visual management for Esprit.

You can do that with a pretty chiffon blouse, he suggests, or a



Kohl's



ANN TAYLOR



Kohl's



THE CHILDREN'S PLACE

short-sleeve knit dress, maybe with some buckle detail at the waist.

Lisa Axelson, head designer of Ann Taylor, has already worn her sleeveless trench — with a silk blouse and cropped black pants — but it'll go with flannel trousers and long gloves later. It is "the perfect wear-now-and-layer-later piece," she says.

Fabric choices are very important, says Banana Republic creative director Simon Kneen, a fan of tropical-weight wool. "It's designed for tropics. It's airy, and the weave is more open, but it will look refined. It has a hand touch that drier and cooler, but you can have it in a dress,

trouser, skirt, jacket — and those are the foundations of your fall closet."

Lightweight chambray denim serves the same purpose for more casual pieces.

Navy is a favourite transitional colour for Resler because it plays crisp and clean against white pants, but more luxurious with

high-waisted trousers in grey, camel or brown. A ruffled, navy-and-white dot blouse in stores now has it all, he says, a cheerful vibe to finish out the summer, but ladylike enough to carry through the year.

Warm shades of orange, amber and green are trends at Kohl's for fall, but they're not dark colours, either, so they fit into a variety of weather landscapes, says David Hacker, vice-president of trend and colour.

Kneen says Banana Republic — and he imagines other retailers, too — has learned to work in the mindset of many mini-fashion seasons filled with versatile pieces instead of sweeping in with major

"The consumer in general is forward looking but wants instant gratification."

BARCLAY RESLER
VICE-PRESIDENT OF ESPRIT

changes twice a year.

As a children's retailer, The Children's Place switched to its back-to-school merchandise in the middle of July to capitalize on the shopping-spree days before kids go back to class.

However, says Michael Giannelli, senior vice-president of design, all he needs to do is walk outside to be reminded that "fall is really a summer delivery."

THE ASSOCIATED PRESS



JC PENNEY

3

life

Becks and H&M team up

David Beckham is getting a new set of teammates through a long-term partnership with H&M. The Swedish chain says the long-term alliance will allow the British athlete to produce and exclusively sell his bodywear line in some 1,800 stores and in about 40 countries worldwide.

THE CANADIAN PRESS



Grace Coddington's story from the front row of fashion will be told in a memoir

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Gimme, gimme Moore

► Years later we still want to steal this actress' style

As a young teenager, before the fame, kids, paparazzi and front-row seats at fashion shows, Demi Moore regularly passed an Ann Taylor store at a local mall, taking note of the clothes.

In the years since, she's been a red-carpet rebel, jeans-wearing mom, biki-

ni globe trotter and Versace model. Now her style evolution has come full circle, and Moore is the star of the Ann Taylor fall ad campaign.

She is the latest Hollywood connection for a company that previously tapped Katie Holmes and Naomi Watts to court its

shoppers.

"I feel like I've known Ann Taylor since I was a kid. I've watched the clothes move into support for the working woman," said Moore, 48, during a break at a recent photo shoot in L.A. "It used to be a lot of suiting. I've seen as we've changed, that they've changed, reflecting on how we live as modern women, which is wearing things that take us from day to night, from workout to work to weekend."

Looking at Moore's own fashion history, she's changed a lot, too. She has done the menswear thing, the retro siren and many plunging necklines. She's been bald and buff and totally bare. (Remember the Vanity Fair cover when she was pregnant in 1991?)

In recent years, she has



► Demi Moore in Ann Taylor's fall ad campaign.



► Fashionistas have given Demi Moore the thumbs up time and again for her elegant and enviable appearance.



developed more of a signature look - one that's both sophisticated and sultry - which has won her praise from fashion insiders.

"We have to remember it's OK to take risks. Sometimes it will work and sometimes it won't. For me, I know there's a certain kind of balance of criteria. I like things that are classic. I want to know that I'll look in my closet five years from now and that piece still has a place. I don't have room or time

for something's that just absolutely of the moment."

She has no problem taking some cues from the past, though. "I look at Katharine Hepburn, from the '30s and '40s, and the women of the '70s, Bianca Jagger," said Moore.

"When we're young, we're finding ourselves, what we like. I can say there are certain things that remain a constant. I've always loved vintage. I've rested in a place

that's classic, with a twist."

That's the look you see in the Ann Taylor ads, shot by top photographer Patrick Demarchelier at one of Rockefeller Center's rooftop gardens in New York City against a backdrop of towering buildings. In one ad, the star of movies Ghost and A Few Good Men stands confidently, hands on her hips, wearing a '60s-esque beige wool cape and a black blouse edged in lace. **THE ASSOCIATED PRESS**



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Cook up a new kitchen

- Not just for dining and entertaining, this room is the heart of any home
- Short on cash? Concentrate on improvements that are visual and easily changed

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Q: I have just moved into a condo that is 12

years old. I'd like to update the kitchen and am on a tight budget.

- Samantha, Halifax

Updating a tired kitchen is not only a great way to modernize your home (especially in an open-concept space) but to add re-sale value to your investment.

I usually recommend a full re-do about every 10 to 15 years for a kitchen.

Once one thing starts to break down or look outdated usually everything else follows within a few years.

These ideas should allow your kitchen to feel modernized for another five years or so.

Countertops: Replacing the countertops will help update the old kitchen cupboards and change the overall feel of the kitchen.

Look for a trend-setting counter to add a modern look to the room.

Consider non-shiny



► ATTEST knobs from Ikea



► ENA 9 One Touch

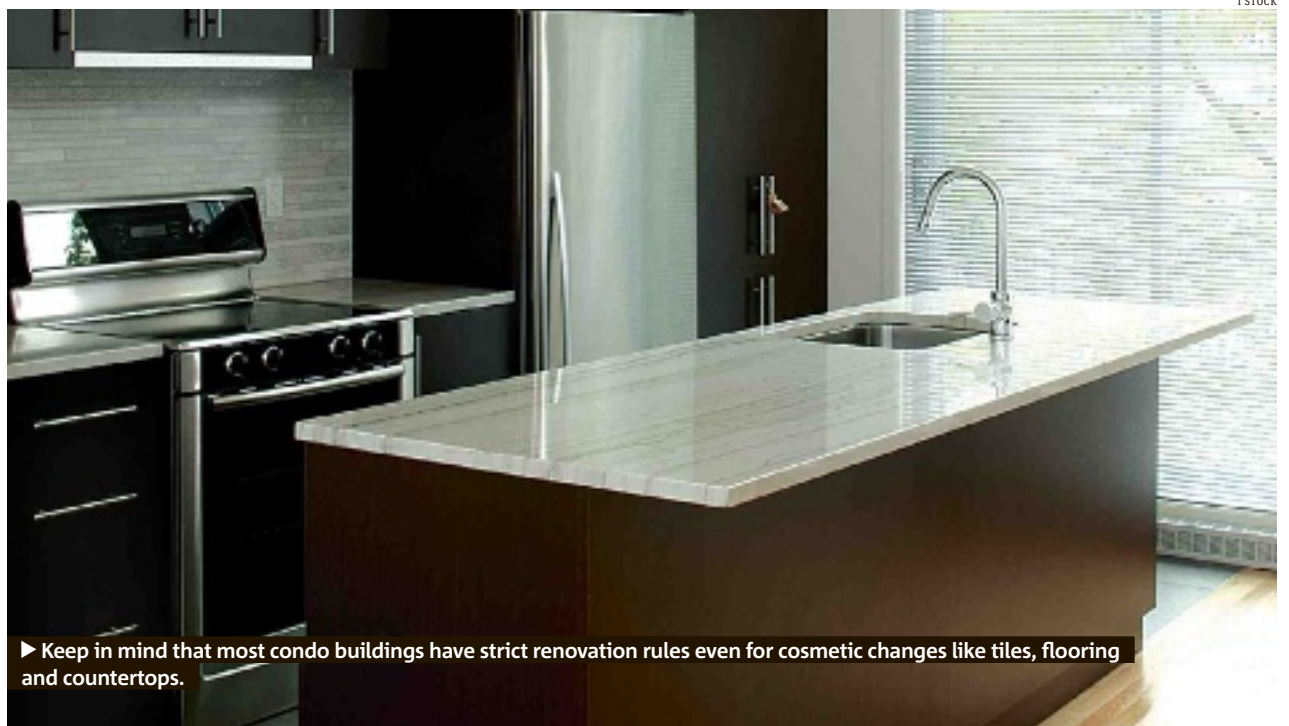
matte finishes and oiled soapstone for a dramatic look (blends nicely with appliances) or carrara marble for a lighter look — the carrara is great if your kitchen has white appliances.

Check wilsonart.com for fashionable laminate countertop options.

Hardware: Old colonial-styled brass hardware will instantly outdate your kitchen cupboards.

I suggest replacing them with knobs or pulls with a sleek design in a sliver metal finish to update the kitchen.

My favourite are the ATTEST Knob from Ikea, which are excellent value at \$7.99 for a two-pack!



► Keep in mind that most condo buildings have strict renovation rules even for cosmetic changes like tiles, flooring and countertops.

A few stainless countertop appliances: If major stainless steel appliances are not in your budget, invest in a few useful countertop appliances to help offer an updated look to the kitchen.

Depending on the size of your kitchen, a new coffee machine, blender and toaster will add sparkle and modernization.

My dream machine these days is the high-end ENA 9 espresso maker by Jura. It will definitely give a luxurious look to any

kitchen.

Focal wall and backsplash: Consider applying peel-and-stick vinyl tiles onto the walls rather than floors.

They are waterproof and extremely durable and inexpensive way to add pizzazz to boring walls or backsplash.

Vinyl tiles usually come in 12-by-12 inches and are easily cut and applied. At \$1 to \$4 per square foot, they are a great way to change an outdated backsplash.

Choose a colour/style of

tile that blends well with the cupboards.

Classic travertine or sandstone looks will keep guests assuming that you have the real thing on the walls.

This idea equally looks great on a blank galley wall in a kitchen or bathroom.

Home Depot's assorted Tarkett vinyl tiles offer textured vinyl tiles that look just like real stone.

GOT A DECOR QUESTION FOR KARL? SEND YOUR QUESTION TO: LIFE@METRONEWS.CA. DON'T FORGET TO INCLUDE YOUR NAME AND

Shine a little light

Under cabinet lighting will instantly give your updated kitchen a designer look.

► Easy, plug-in lighting kits are available at most home improvement retailers.

► Screw a string of lights under the upper cabinet and plug it in — your counters will glow with style.

TOWN/CITY, AND ANY PHOTOGRAPHS. WE REGRET THAT KARL CANNOT ANSWER ALL QUESTIONS SUBMITTED.

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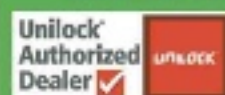
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Impress your ma in-law

- ▶ Home improvements she actually will notice
- ▶ Create a more elegant and welcoming house

DIY IDEAS

They say “mothers know best” but this goes beyond just maternal wisdom and into the basics of how to manage a home.

When preparing for a visit, put down the duster and add these items to impress the one person with often the most discerning eye.

Crystal candleholders
Just like a valuable dia-

mond bracelet that makes a whole outfit pop, so too does a treasured home accessory.

Whether crystal candleholders or antique table lamps, a mother always picks up on the embellishments that show good taste.

Scatter such items around the space for a sophisticated look.

Framed family photos

Whether preparing for guests or decorating a home, it's important to remember that a home is

not a hotel — it needs to be personal.

When entertaining, serving you-know-who's favourite dish or having a photo of her placed prominently in a room can often do more than any other preparation, warming up a room and... a mother-in-law's heart.

The well-dressed window

When designing a home, both interior designers and seasoned homeowners know, the well-dressed window goes a long way towards making



▶ Small homey touches make your home feel personal.

a room look truly finished.

To get the mother-in-law to say “wow,” try Hunter Douglas Pirouette window shadings for a beautiful new option in light control. This window treatment features soft horizontal fabric vanes attached to a single sheer backing.

The vanes can slide into a flattened position for

superior light blockage and a smooth look, be partially opened for a contoured look with privacy or fully opened for a soft-focus view and gently filtered light with UV protection.

Forget about flat screens, update kitchen appliances

While many men can determine the size of a flat

CHARLES THE BUTLER



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Question: Hi Charles!

I read your advice where you suggested cleaning with a solution of 50/50 water to white vinegar. Is this correct? That seems to be a lot of vinegar.
Edda Loomes

Answer:

Dear Ms. Loomes,
The solution of 50/50 for water to white vinegar is a very good Multi-purpose cleaner.

It may sound like a lot of vinegar, but this is in fact the correct formula.

GOT A QUESTION? EMAIL
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Contact Us Today 613-725-2102 ext. 248 / yangmedicine.com



Weekly Cookbook



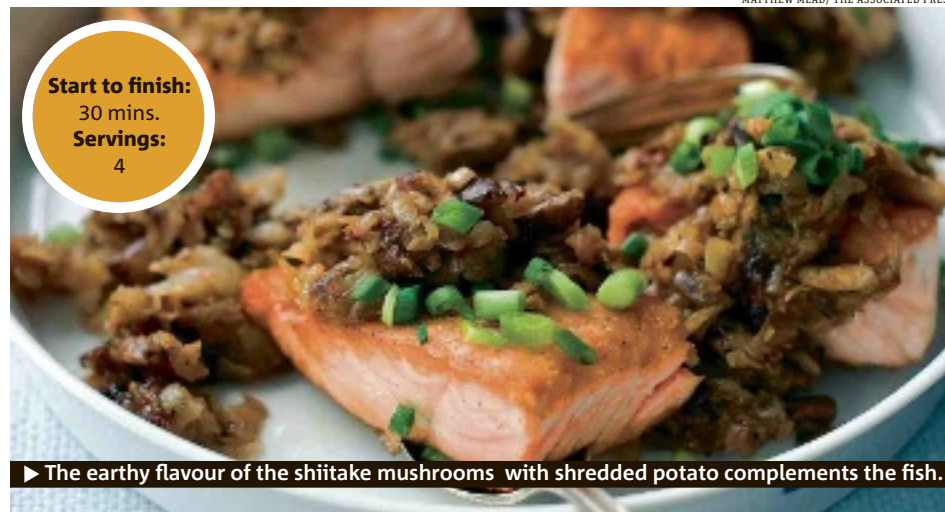
Especially during the summer, you want to enjoy life's sweeter side without tipping the scales. That's where *Sweet & Skinny* by Marisa Churchill (Clarkson Potter, 2011) comes in.

In her debut book, Churchill, a pastry chef, presents 100 low-fat recipes (including 25 sugar-free variations).

Among the recipes are: Red Velvet Cupcakes, Boston Cream Pie, Coconut Cake, Chocolate Peanut Butter Cups, Pecan Sticky-Bun Coffee Cake and many others.

Bring on the healthy fat

► Salmon's unsaturated fats are key to its moist texture ► Team it with a mushroom hash



Start to finish:
30 mins.
Servings:
4

► The earthy flavour of the shiitake mushrooms with shredded potato complements the fish.

Though relatively high in fat, salmon is a great choice for a healthy diet.

That's because salmon's fats fall mostly in the good-for-your-heart unsaturated category. Which is a happy coincidence, because that

fat happens to be key to salmon's moist texture and rich, indulgent flavour. The oils also make it hard to overcook.

So for a simple and healthy summer dinner, we've paired salmon with

a mushroom hash. The earthy flavour of shiitake mushrooms mixed with shredded potatoes complements the rich fish. And a touch of soy sauce lends a pleasantly salty touch to cut through the oil.

Salmon with Shiitake Mushrooms

Preparation:

1 In large sauté pan over high, heat 15 ml (1 tbsp) of the olive oil. Add mushrooms and sauté until well-browned, about 10 minutes. Lower heat to medium-high, then add the shallots and onion. Sauté for 6 to 8 minutes, or until the onion becomes soft. Add the potatoes and continue to cook until the potatoes are tender and beginning to brown. Season with the soy sauce and black pepper.

2 In another large sauté pan over medium-high, heat the remaining tablespoon of olive oil. Cook salmon fillets for 5

Ingredients:

- 30 ml (2 tbsp) olive oil, divided
- 175 grams (6 oz) shiitake mushrooms, stemmed and sliced
- 2 shallots, chopped
- 1 small red onion, chopped
- 2 small red potatoes, grated
- 30 ml (2 tbsp) low-sodium soy sauce
- Ground black pepper, to taste
- Four 125-gram (4-oz) salmon fillets
- 1 scallion, thinly sliced

minutes per side, or to desired doneness. Serve each piece of salmon with the shiitake hash. Top everything with a sprinkling of scallions.

THE ASSOCIATED PRESS

THIS WEEK'S SUPER DEALS AUGUST 5 ~ AUGUST 11, 2011

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05	06	07	08	09	10	11

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Kalbi/Hot Kalbi/Bulgogi 900g

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3.49 /pack

Nong Shim Instant Noodles 5x120g

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3.99 /ea

Dongwon Kimchi Cut
400g-1kg

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SPECIAL INFORMATION FEATURE

Hop to it. Take a beer festival road trip

JEFF O'REILLY
FOR METRO

Looking for a weekend getaway? How about Toronto's Festival Of Beer?

In its 17th year, the festival takes over Bandshell

Park at Exhibition Place in Toronto this weekend to celebrate Canadian brewers by showcasing more than 120 different brands.

Some of the added attractions allow you to fully explore select breweries' offerings, including: A

grilling tent that will host guest celebrity chefs and beer experts to help bring your backyard grilling skills and beer pairings to new levels; and a live entertainment schedule that features headliners Drag-onette Friday, Danny

Michel y Los Hombres Malos Saturday, and a kick-ass Sunday double bill of The Sheepdogs and The Trews.

Since it has been about 10 years since the organizers have brought this great festival to Ottawa, a road trip is in order.

Only two-and-a-half years old, Brampton's Hop

City Brewing Company, a subsidiary of Moosehead Breweries, recently launched its flagship brew Barking Squirrel Lager and won the People's Choice Award for best Amber Lager at the 2010 Ontario Brewing Awards.

Barking Squirrel Lager has smooth drinkability

with sweet caramel and toasted biscuity malt flavouring, playing off a slightly citric soft grapefruit hop bitterness that leads to a dry finish and slightly sweet aftertaste.

Toronto's Festival of Beer runs Friday to Sunday. For more information, go to beerfestival.ca/

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Wine may elicit oohs, aahs

SEASONAL SIPS



Casino du Lac Leamy Sound of Light Fireworks Festival, Saturday to Aug 20:

Put some sparkle in your wine to go along with the sparkle in the sky. **Benjamin Bridge Nova 7** (\$25 +\$256289) from Nova Scotia is made in the style of Italian Moscato d'Asti.

Not to be confused with Asti Spumante, which is frothy and very sweet, the more sophisticated Moscato — and Nova 7 — are light-

ly sparkling and just a little sweet with lovely tropical fruit flavours. This wine gives you the best of Italy and Canada, two of the countries competing at the festival this year. Available at Vintages Saturday.

Carp Garlic Festival, Aug. 13, 14:

Garlic is a major component of Portuguese cuisine, so after a day at the festival with everything

garlic, turn to Portugal for something to cut through and cleanse the palate.

Vinho Verde is often a pretty simple, everyday white. The examples that rise above this level, such as **Aveleda Follies Alvarinho** (\$15.95 +\$90048) does, are made from the superior Alvarinho grape. Aromatic and very crisp, it's a great match for all your garlicky festival finds. Available at Vintages Saturday.

● **ALLYSON BYCRAFT IS CURRENTLY ON A VINOUS ADVENTURE AT BABCOCK WINERY IN CALIFORNIA. FOLLOW HER GOINGS-ON AT SCRATCHINGS-FROMACELLARRAT. BLOGSPOT.COM.**

If I Had \$100 ...

Take advantage of the great values in the Aug. 6 LCBO Vintages Chilean feature.

- ▶ Anakena 'Lilén Single Vineyard' Viognier 2010, Chile (LCBO #45138, \$13.95) A cascade of floral aromas.
- ▶ Anakena 'Single Vineyard'

Pinot Noir 2009, Chile (LCBO #208439, \$13.95) Full flavoured, silky.

- ▶ Chilensis 'Reserva' Carmenère 2010, Chile (LCBO #657981, \$12.95) Wonderful harmony on the palate.
- ▶ Emiliana 'Adobe Reserva' Sryah 2009, Chile (LCBO #213553, \$12.95) An award-winning organic wine.

▶ Benjamin Bridge Nova 7 2010, Nova Scotia (LCBO #256289, \$25) Fresh sparkler.

▶ Gehringer Brothers 'Dry Rock Vineyard' Merlot 2009, B.C. (LCBO #229898, \$18.95) Approachable tasty wine.

▶ **GRAND TOTAL: \$97.75**

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Canadian aids NFL teammate who suffers seizure

Canadian rookie lineman Danny Watkins put his first-aid skills to good use yesterday when a Philadelphia Eagles teammate suffered a seizure at training camp.

Watkins, a trained firefighter from Kelowna, B.C., provided assistance when defensive tackle Mike Patterson dropped to the ground at morning practice and started violently shaking. Patterson was also tended to by team trainer Rick Burkholder and his staff before being transported to Lehigh Valley Hospital.

The six-foot-one, 300-pound player is stable and was scheduled to undergo further tests, Burkholder said.

Patterson, 28, was the Eagles' first-round pick out of USC in 2005. He's started 84 games and played in 95, the most of anybody on the current roster.

Watkins, 26, has played four years of competitive football. He began playing while studying firefighting science at Butte Community College in Northern California in 2007.

"You never want to see a player go down like that," Watkins said.

"The staff said he's going to be fine. Hopes and prayers are going to be with him tonight."

Patterson's agent JR Rickett said in a statement that the player is "in no pain and doing well."

THE ASSOCIATED PRESS



► Jaden Schwartz kisses his sister's urn during a funeral for Mandi Schwartz in Wilcox, Sask., on April 8, 2011.

Sister's death shapes young hockey player

► Jaden Schwartz works through grief of losing sibling to cancer while he attends the Canadian junior team's summer camp in Edmonton

Jaden Schwartz views the world through a different lens than many other hockey players his age.

In conversation, Schwartz seems older than his 19 years. Watching his sister Mandi succumb to cancer earlier this year changed his perspective on his life.

Hockey is important to him, as it was to Mandi. Schwartz fractured his ankle in the second game of world junior hockey championship in Buffalo, N.Y., this year and watched from

the sidelines as the Canadian team collapsed in the third period of the gold-medal game and lost to Russia.

That stung, but Mandi was fighting for her life at home in Wilcox, Sask., while he was at the tournament.

"Obviously me getting hurt, that's nothing compared to what she went through," Schwartz said. "Obviously the loss is tough for everybody and it's a learning experience, but when you see Mandi go

through that, it puts things in perspective and you know what's most important in life.

"It really changes you in a different way."

Mandi, who played for the Yale Bulldogs women's hockey team, died April 3 of leukemia at the age of 23.

Schwartz, brother Rylan — a teammate at Colorado College — and parents Rick and Carol are working through their grief this summer.

"It's obviously been tough," Schwartz said.

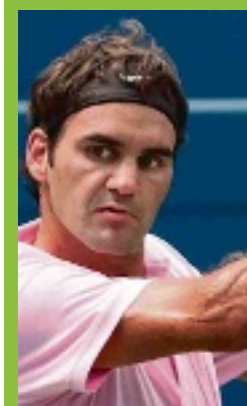
"Without family and friends, I don't know if it's possible to get through something like that. I can't even start to explain how much it means to us."

"Mandi helped us a lot too, knowing how strong she was and how she supported us. I know she wouldn't want us to be sad all the time and down. She'd want us to keep on trucking. Her favourite motto was 'struggle and emerge' and that's what we're trying to do."

THE CANADIAN PRESS



Quoted



"Clearly I think it's a bit unfortunate for Canada to have two big events like this at the very same time. But I guess it's sometimes what it is."

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EAST DIVISION				
	W	L	Pct	GB
Boston	67	41	.620	—
New York	66	42	.611	1
Tampa Bay	57	52	.523	10½
Toronto	56	54	.509	12
Baltimore	43	63	.406	23
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	58	51	.532	—
Cleveland	54	53	.505	3
Chicago	52	56	.481	5½
Minnesota	50	59	.459	8
Kansas City	46	63	.422	12
WEST DIVISION				
	W	L	Pct	GB
Texas	61	49	.555	—
Los Angeles	60	50	.545	1
Oakland	49	62	.441	12½
Seattle	48	62	.436	13

Yesterday's results
Tampa Bay 9, Toronto 1
Seattle 7, Oakland 4
Texas at Detroit
Cleveland at Boston
Baltimore at Kansas City
N.Y. Yankees at Chicago White Sox
Minnesota at L.A. Angels
Tuesday's results
Detroit 6 Texas 5
Boston 3 Cleveland 2
Toronto 3 Tampa Bay 1
Baltimore 8 Kansas City 2
N.Y. Yankees 6 Chicago White Sox 0, 7 innings
L.A. Angels 5 Minnesota 1
Seattle 4 Oakland 2
Today's games
Toronto (Cecil 4-4) at Tampa Bay (W.Davis 8-7), 12:10 p.m.
Texas (Ogando 10-5) at Detroit (Penny 7-8), 1:05 p.m.
Cleveland (Masterson 8-7) at Boston (Bedard 4-7), 7:10 p.m.
Baltimore (Britton 6-8) at Kansas City (Francis 4-11), 8:10 p.m.
N.Y. Yankees (Nova 9-4) at Chicago White Sox (Humber 8-7), 8:10 p.m.
Minnesota (Liriano 7-8) at L.A. Angels (Chatwood 6-7), 10:05 p.m.
Tomorrow's games
Toronto at Baltimore, 7:05 p.m.
N.Y. Yankees at Boston, 7:10 p.m.
Oakland at Tampa Bay, 7:10 p.m.
Cleveland at Texas, 8:05 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
Detroit at Kansas City, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	106	436	76	155	.356
MiYoung Tex	108	430	54	144	.335
Kotchman TB	93	316	28	103	.326
Bautista Tor	98	343	79	111	.324
VMartinez Det	94	347	49	111	.320
Ellsbury Bos	107	443	81	141	.318
JhPeralta Det	98	353	47	112	.317
MiCabrera Det	109	381	73	119	.312
Pedroia Bos	105	423	73	132	.312
McCabrera KC	105	455	69	139	.305
HOME RUNS — Bautista, Toronto, 32; Teixeira, New York, 31; Granderson, New York, 28; Konerko, Chicago, 25; NCruz, Texas, 24; MarReynolds, Baltimore, 24; MiCabrera, Detroit, 22.					
Not including yesterday's results					

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	71	39	.645	—
Atlanta	64	48	.571	8
Florida	55	55	.500	16
New York	55	55	.500	16
Washington	53	57	.482	18
CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	62	50	.554	—
St. Louis	58	53	.523	3½
Pittsburgh	54	54	.500	6
Cincinnati	54	56	.491	7
Chicago	45	65	.409	16
Houston	36	74	.327	25
WEST DIVISION				
	W	L	Pct	GB
San Francisco	62	49	.559	—
Arizona	61	50	.550	1
Colorado	51	60	.459	11
Los Angeles	50	59	.459	11
San Diego	47	64	.423	15

Yesterday's results
Atlanta 6 Washington 4
Milwaukee 10 St. Louis 5
Philadelphia 6 Colorado 6
San Francisco 8 Arizona 1
Chicago Cubs at Pittsburgh
Florida at New York, ppd., rain
Cincinnati at Houston
L.A. Dodgers at San Diego
Tuesday's results
Washington 9, Atlanta 3
Chicago Cubs 11, Pittsburgh 6
Florida 4, N.Y. Mets 3
Cincinnati 5, Houston 1
St. Louis 8, Milwaukee 7, 11 innings
Philadelphia 5, Colorado 0
L.A. Dodgers 1, San Diego 0
Arizona 6, San Francisco 1
Tonight's games
Chicago Cubs (R.Lopez 2-3) at Pittsburgh (Ja.McDonald 7-5), 7:05 p.m.
St. Louis (Lohse 9-7) at Florida (Ani.Sanchez 6-4), 7:10 p.m.
Washington (Detwiler 1-0) at Colorado (Rogers 4-1), 8:40 p.m.
Philadelphia (C.Lee 10-7) at San Francisco (Bumgarner 6-10), 10:15 p.m.
Tomorrow's games
Cincinnati at Chicago Cubs, 2:20 p.m.
San Diego at Pittsburgh, 7:05 p.m.
Atlanta at N.Y. Mets, 7:10 p.m.
St. Louis at Florida, 7:10 p.m.
Milwaukee at Houston, 8:05 p.m.
Washington at Colorado, 8:40 p.m.
L.A. Dodgers at Arizona, 9:40 p.m.
Philadelphia at San Francisco, 10:15 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	95	419	79	142	.339
Braun Mil	100	369	69	119	.322
Votto Cin	109	406	69	130	.320
DanMurphy NYM	106	382	47	122	.319
Kemp LAD	108	392	66	125	.319
Morse Wash	98	339	48	107	.316
Holliday STL	84	298	59	94	.315
Pence Pha	104	416	52	128	.308
Helton Col	97	326	45	100	.307
McCann Atl	91	333	43	102	.306
HOME RUNS — Berkman, St. Louis, 28; Kemp, Los Angeles, 26; Stanton, Florida, 25; Fielder, Milwaukee, 24; Pujols, St. Louis, 24; Howard, Philadelphia, 23; Uggla, Atlanta, 22; J.Upton, Arizona, 22.					
Not including yesterday's results					

RAYS 9, BLUE JAYS 1

Toronto	ab	r	h	bi	Tampa Bay	ab	r	h	bi
YEscor ss	4	0	1	0	Jnnngs lf-cf	5	0	2	0
Rasms cf	4	0	1	0	Damon dh	3	0	0	1
Bautist 3b	2	0	0	0	Ruggin ph-lf	1	0	0	0
JMcDnl 3b	1	0	0	0	Longori 3b	4	0	0	0
Lind 1b	3	0	0	0	Zobrist 2b	5	2	2	1
Teahen 1b	1	0	0	0	Ktchm 1b	4	1	2	1
Encnc dh	4	0	1	0	BUp-ton cf	4	1	1	0
ETHms rf	3	0	0	0	McGee p	0	0	0	0
A.Hill 2b	3	0	1	0	BGoms p	0	0	0	0
Snider lf	4	0	0	0	Joyce rf	4	2	3	1
Arendi c	3	1	1	1	SRdrgz ss	1	2	0	1
EJhnsn ph-ss	1	0	0	0					
Chirns c	2	1	2	4					
Totals	32	1	5	1	Totals	34	9	12	9
Toronto	001	000	000	1					
Tampa Bay	044	000	108	9					
E—C.Villanueva (1), DP—Toronto 1, LOB—Toronto 7, Tampa Bay 7. 2B—Encarnacion (27), Joyce (23). 3B—Jennings (2), HR—Arencibia (18), Zobrist (15), Kotchman (5), Chirinos (1). S—S.Rodriguez. SF—Damon.									

TENNIS

ATP LEGG MASON CLASSIC

At Washington
Singles — Second Round
Nikolay Davydenko (9), Russia, def. Matthew Ebden, Australia, 6-3, 7-5.
Michael Russell, U.S., def. Xavier Malisse (14), Belgium, 7-6 (4), 2-3 retired.
Radek Stepanek, Czech Republic, def. Wayne Odesnik, U.S., 6-1, 6-1.

ODLUM BROWN VANOPEN
At WEST VANCOUVER, B.C.
MEN
Singles
Second Round
Bobby Reynolds (2), U.S., def. Luca Gregorc, Slovenia, 6-4, 2-6, 6-4.
Clement Reix, France, def. Fritz Wolmarans (7), South Africa, 4-6, 6-3, 7-6(9).
James Ward (5), Britain, def. Erik Chvojka, Montreal, 4-6, 6-3, 6-4.
Alex Bogdanovic, Britain, def. Yen-Hsun Lu (1), Taiwan, 4-6, 6-3, 6-3.

Doubles
First Round
Yuichi Sugita, Japan, and Grega Zemlja, Slovenia, def. Clement Reix, France, and Dusan Vemic, Serbia, 6-3, 6-4.

WOMEN
Singles
First Round
Casey Dellacqua, Australia, def. Heidi El Tabakh, Toronto, 7-5, 6-2.
Anne Keothavong (2), Britain, def. Ling Zhang, Hong Kong, 6-4, 6-1.
Irina Falconi (3), U.S., def. Kathrin Woerle, Germany, 6-1, 5-7, 6-1.
Arina Rodionova, Russia, def. Gail Brodsky, U.S., 3-6, 6-4, 7-5.
Julia Cohen, U.S., def. Eugenie Bouchard, Westmount, Que., 7-5, 6-4.
Olivia Rogowska, Australia, def. Misaki Doi (5), Japan, 3-6, 6-4, 6-1.
Julia Glushko, Israel, def. Sharon Fichman, Toronto, 6-3, 6-4.

Doubles
First Round
Anne Kremer, Luxembourg, and Sally Peers, Australia, def. Maria Kondratieva, Russia, and Sophie Lefevre (2), France, 6-3, 6-2.
Jamie Hampton, U.S., and Noppawan Lertcheewakarn, Thailand, def. Monique Adamczak, Australia, and Kumiko Iijima, Japan, 7-6(3), 6-3.

CFL

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	5	4	1	0	124	94	8		
Montreal	5	3	2	0	159	129	6		
Hamilton	5	3	2	0	132	112	6		
Toronto	5	1	4	0	105	142	2		
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	5	5	0	0	153	99	10		
Calgary	5	3	2	0	117	117	6		
Saskatchewan	5	1	4	0	101	160	2		
B.C.	5	0	5	0	126	161	0		

WEEK SIX
Tonight's game
All times Eastern
Montreal at Toronto, 7:30 p.m.
Tomorrow's games
Edmonton at Winnipeg, 7:30 p.m.
Saskatchewan at B.C., 10:30 p.m.
Saturday's game
Hamilton at Calgary, 9:30 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Whyte, Mtl	0	17	13	1	57
Duval, Edm	0	16	11	8	57
Palardy, Wpg	0	9	15	2	56
Medlock, Ham	0	13	12	3	51
McCallum, BC	0	11	12	1	48
E.Johnson, Sask	0	10	9	4	41
Paredes, Cal	0	8	9	3	38
Prefontaine, Tor	0	8	8	0	32
Kackert, Tor	5	0	0	0	30
Stala, Ham	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Edwards, Wpg	4	0	0	0	24
Cates, Sask	3	0	0	0	18
Cornish, Cal	3	0	0	0	18
Foster, BC	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18
C.Williams, Ham	3	0	0	0	18
Barnes, Edm	2	0	0	0	12
Brown, BC	2	0	0	0	12
Cobourne, Ham	2	0	0	0	12
Dressler, Sask	2	0	0	0	12
Durant, Sask	2	0	0	0	12
Green, Mtl	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Joseph, Edm	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
McPherson, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Whitaker, Mtl	2	0	0	0	12
Shaw, Tor	0	3	1	1	7
Banks, BC	1	0	0	0	6
Bishop, Cal	1	0	0	0	6
Black, Tor	1	0	0	0	6
Bowman, Edm	1	0	0	0	6
Boyd, Tor	1	0	0	0	6
Brink, Wpg	1	0	0	0	6
Bryant, Cal	1	0	0	0	6
Burris, Cal	1	0	0	0	6
Clermont, Sask	1	0	0	0	6
Cox, Mtl	1	0	0	0	6
Denmark, Wpg	1	0	0	0	6
Deslauriers, Mtl	1	0	0	0	6
Diedrick, Mtl	1	0	0	0	6
Getzlaef, Sask	1	0	0	0	6
A.Harris, BC	1	0	0	0	6
Henry, Edm	1	0	0	0	6
E.Hill, Sask	1	0	0	0	6
Hughes, Sask	1	0	0	0	6
Lewis, Cal	1	0	0	0	6
Lulay, BC	1	0	0	0	6
Mann, Ham	1	0	0	0	6
Maypray, Mtl	1	0	0	0	6
Peterson, BC	1	0	0	0	6
Porter, Ham	1	0	0	0	6

ACTIVITY

BASEBALL

AMERICAN LEAGUE

CLEVELAND INDIANS — Activated RHP Ubaldo Jimenez. Optioned RHP David Huff to Columbus (IL). Assigned OF Travis Buck outright to Columbus.
DETROIT TIGERS — Activated RHP David Pauley. Designated LHP David Purcey for assignment.
OAKLAND ATHLETICS — Assigned LHP Jerry Blevins outright to Sacramento (PCL). Recalled 2B Adam Rosales from Sacramento. Agreed to terms with RHP Drew Gagnier and assigned him to the Arizona League Athletics.
SEATTLE MARINERS — Placed 3B Chone Figgins on the 15-day DL. Recalled 3B Kyle Seager from Tacoma (PCL) and RHP Tom Wilhelmssen from Jackson (SL).
TEXAS RANGERS — Activated RHP Mike Adams.

NATIONAL LEAGUE

ATLANTA BRAVES — Assigned INF Diory Hernandez outright to Gwinnett (IL).
FLORIDA MARLINS — Assigned LHP James Leverton and RHP Alex Caldera to Greensboro (SAL).
PITTSBURGH PIRATES — Activated C Ryan Doumit from the 60-day DL. Optioned C Eric Fryer to Indianapolis (IL). Agreed to terms with RHP Jake Burnette.
SAN FRANCISCO GIANTS — Assigned 2B Bill Hall outright to Fresno (PCL).

BASKETBALL

NBA

DETROIT PISTONS — Named Lawrence Frank coach.

FOOTBALL

NFL

CHICAGO BEARS — Waived TE Draylen Ross.
CINCINNATI BENGALS — Signed RB Cedric Benson, LB Brandon Johnson and LB Manny Lawson.
DETROIT LIONS — Released LB Zack Follett, LB Corey Bosworth and DB Jack Williams. Signed DE Greg Banks.
HOUSTON TEXANS — Signed FB Lawrence Vickers.
KANSAS CITY CHIEFS — Signed DB Javes Lewis and CB Mario Ruussell.
NEW ENGLAND PATRIOTS — Re-signed T Matt Light. Signed C Chris Morris, RB BenJarvus Green-Ellis, OL Jonathan Compas and RB Richard Medlin. Released RB Thomas Clayton and OL Mike Berry.
NEW YORK GIANTS — Signed RB Andre Brown, WR Mark Clayton, OT Stacy Andrews and RB Ahmad Bradshaw.
PHILADELPHIA EAGLES — Agreed to terms with OT Ryan Harris on a one-year contract and WR Cordario Calvin. Signed WR Brandon Caleb. Waived LB Terence Thomas and TE John Nalbone.
SAN FRANCISCO 49ERS — Signed CB Carlos Rogers and S Madiou Williams to one-year contracts.
SEATTLE SEAHAWKS — Signed PK Jeff Reed, CB Kelly Jennings, LB Michael Johnson, TE

Zach Miller, RB Chase Reynolds and DE Jimmy Wilkerson. Released DT Ladi Ajiboye, PK Wes Byrum, G Michael Huey, QB Zac Lee and LB Blake Sorensen.

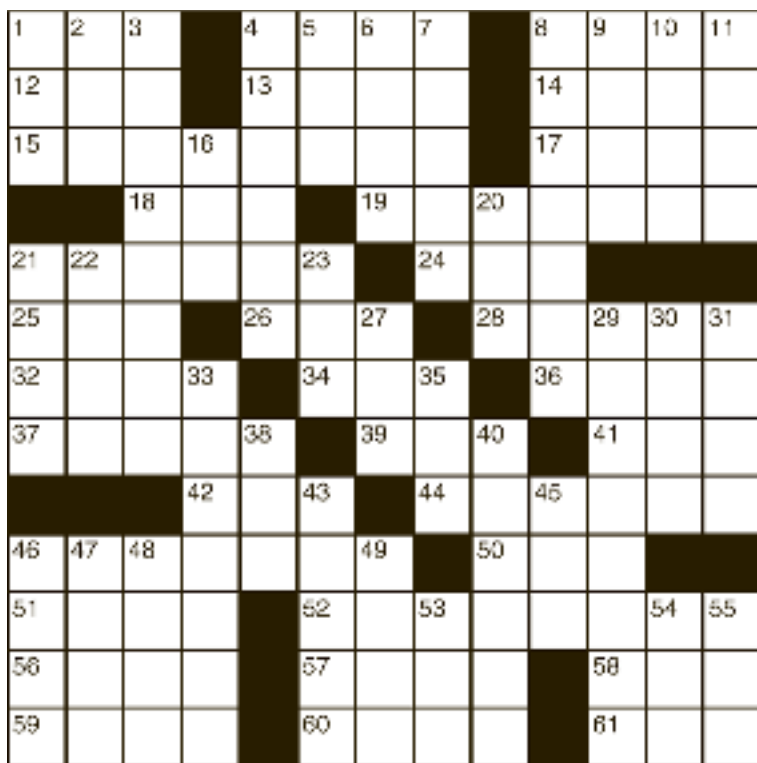
CFL

HAMILTON TIGER-CATS — Traded WR Arland Bruce to British Columbia for a 2012 third-round draft pick and a conditional draft pick.

Crossword

Across

- 1 Six-pack muscles
4 "Huh?"
8 Slender
12 Speck
13 Ginormous
14 Last few notes
15 Good poker hand
17 Stead
18 Possess
19 Weapon collection
21 San Fernando, for one
24 Melody
25 Have a bug
26 Witnessed
28 Stickum
32 March 15, e.g.
34 Central
36 Bring to a halt
37 Bold
39 Roscoe
41 Regret
42 Conger, e.g.
44 Coy
46 Puts in the wrong place
50 Tatter
51 Help slyly
52 Vigor
56 Paddock papa
57 "My bad"
58 Writer Buscaglia
59 Despot
60 Dalai —
61 Tackle's teammate
Down
1 Billboards
2 Automaton, for short
3 Modern-day pram
4 Complains feebly
5 Embrace
6 Ottoman bigwig



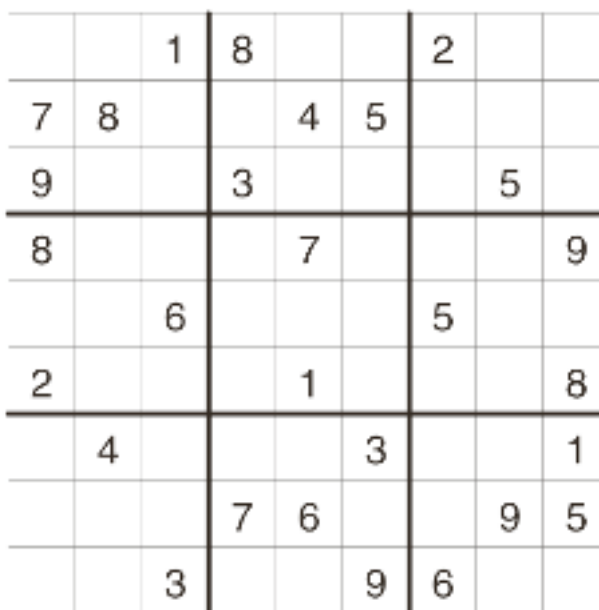
- 7 Aquarium fish
8 Eyeball coats
9 Pork cut
10 Concept
11 Manhandle
16 Piercing tool
20 Taste
21 Futile
22 Staffer
23 Sweet potato kin
27 Peruke
29 Fight
30 Go sightseeing
31 Duel tool
33 Less corpulent
35 Old man

- 38 Verily
40 Singer Brewer
43 Disinfectant brand
45 Chap
46 Spar
47 Wading bird
48 Antitoxins
49 Old portico
53 Spinning stat
54 Coffee break hour
55 Scuttle

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	9	7	4	2	8	3	6	1
2	1	8	3	7	6	9	4	5
3	4	6	1	5	9	8	2	7
8	7	3	9	6	2	1	5	4
4	5	1	7	8	3	6	9	2
9	6	2	5	4	1	7	3	8
7	2	9	8	3	4	5	1	6
6	3	5	2	1	7	4	8	9
1	8	4	6	9	5	2	7	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lu, I miss you. I love you. You're never far from my heart or my thoughts. Pleas come home. I'll be waiting. NA

Lucky Lukey, I admire your optimism, your strength, your brilliance, and beauty. You have been there for me through crazy times, and with you I feel I can conquer anything. To my partner in crime, my best friend, my lover, my adventurer, I hope to give you all you have given me in the years to come. DAZED

Bubble in a soda pop, I am thankful everyday to have you in my life and even though it's only been 6 months I can say you're absolutely the only one for me, my best friend, my lover and my soulmate! You are my rock and cause of you I'm a better person.

LOVE BUG

Today's horoscope

♈ Aries March 21-April 20

Someone in a position of power will say nice things about you. His or her flattery has other motives.

♉ Taurus April 21-May 21 Don't let a rival drive a wedge between you and someone you love.

♊ Gemini May 22-June 21 If someone tries to take liberties, you must deal with him or her harshly. Tread on toes if you must.

♋ Cancer June 22-July 22 If you let something that seems trivial pass today, others will take it as a sign you can be bullied.

♌ Leo July 23-Aug. 23

Do what you can to please a person whose support you rely on but don't go to extremes or make empty promises.

♍ Virgo Aug. 24-Sept. 22 Others will respect you more today if you say what you mean and mean what you say.

♎ Libra Sept. 23-Oct. 23 Stop worrying that not all your plans have worked out as expected.

♏ Scorpio Oct. 24-Nov. 22 The more others appeal to your sense of duty, the more you should be suspicious of their motives.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Don't trust what you are told just because the person doing the telling is some sort of expert.

♑ Capricorn Dec. 22-Jan. 20 The only way out of your predicament is to face your unhappiness.

♒ Aquarius Jan. 21-Feb. 18 Family members need to be reminded that you care about their wellbeing. Spend time with them.

♓ Pisces Feb. 19-March 20. If someone at work acts out of character, think about it and ask how you can help. SALLY BROMPTON

Caption contest



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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